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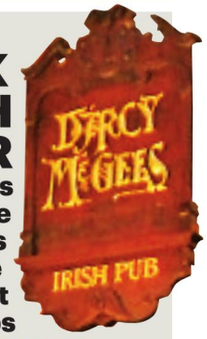
Your essential daily news | WEEKEND, NOVEMBER 13-15, 2015 | High 4°C/Low 2°C Partly cloudy

DRUNK WITH POWER
Liberals rule the stools at these Parliament Hill pubs
metroNEWS



UNWANTED

City worried zebra mussels could end up in drinking-water source

metroNEWS

Charity low on coats

GIVING

Koats for Kids says late winter means late donations

Elisha Dacey
Metro | Winnipeg

Koats for Kids says they're short on donations this year, and lays the blame solely on Mother Nature.

"People have not gone through their closets because the weather hasn't been cold," said Donna Albak, program manager for Koats for Kids.

"So they haven't gone, 'Oh, you know, I think I'll pass this along because my child's outgrown it,' or, 'This is the coat I don't wear.'"

Albak said they are still trying to fulfil orders for 250 families, totalling about 900 coats. They're especially short in the six-to-10 age range, she added. "They (also) include hats, mitts, scarves and boots.

"We've already got about 2,000 coats (that) have already left, and that was based on a lot on inventory from last year," said Albak. "And now, we need donations. We need to get the ball rolling with new coats and get them washed and get them out the door."

In a typical year, 400 volunteers process about 6,000 coats for children of all ages. Albak said being short at this point in the season is unusual.

"This is not a normal year. By this time, we're mid-November, and we've had very few donations."

People wishing to donate a coat and other outerwear can drop them off at any Perth's location or at any fire hall. People wishing to make a financial donation can do so at the United Way.

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metro NEWS

Your essential daily news

New York's 'Map the Homeless' app blurs ethical lines. **Business**

Sneak peek at RBC expansion

DEVELOPMENT

President hopes TNSE will build hotel near centre

Dave Baxter
Metro | Winnipeg

The $180-million convention centre expansion opened its doors to Premier Greg Selinger and the media Thursday, as it prepares to host Grey Cup festivities at the end of the month.

RBC Convention Centre President Klaus Lahr gave a tour of the expansion, showing off a number of new rooms, which will add 100,000 square feet of rentable space to the centre.

"It is four days ahead of time and right on budget," said Lahr. "It has been a very good experience where all parties have come together and worked seamlessly together."

The building's biggest room will now be 140,000 square feet, while before the biggest room was 78,000 square feet, and the expansion means the convention centre will now be able to go after events they previously couldn't host.

"That was one of the three strategies that we always built this expansion on is now we can attract conventions that before we couldn't even go after or knock on their doors because we were too small."

Lahr is still hopeful True North Sports and Entertainment will build a hotel in the area around the centre.

"You can't attract conventions to Winnipeg if the delegates don't have a place to sleep. Now when we have another hotel we can attract more conventions."

The expansion will open its doors for a Grey Cup gala one day before the big game, but after that will not officially open until March 1, with a boat show, RV show World of Wheels show, and a number of other shows planned for spring.

"For the first eight or nine weeks we are going to be back-to-back full house.

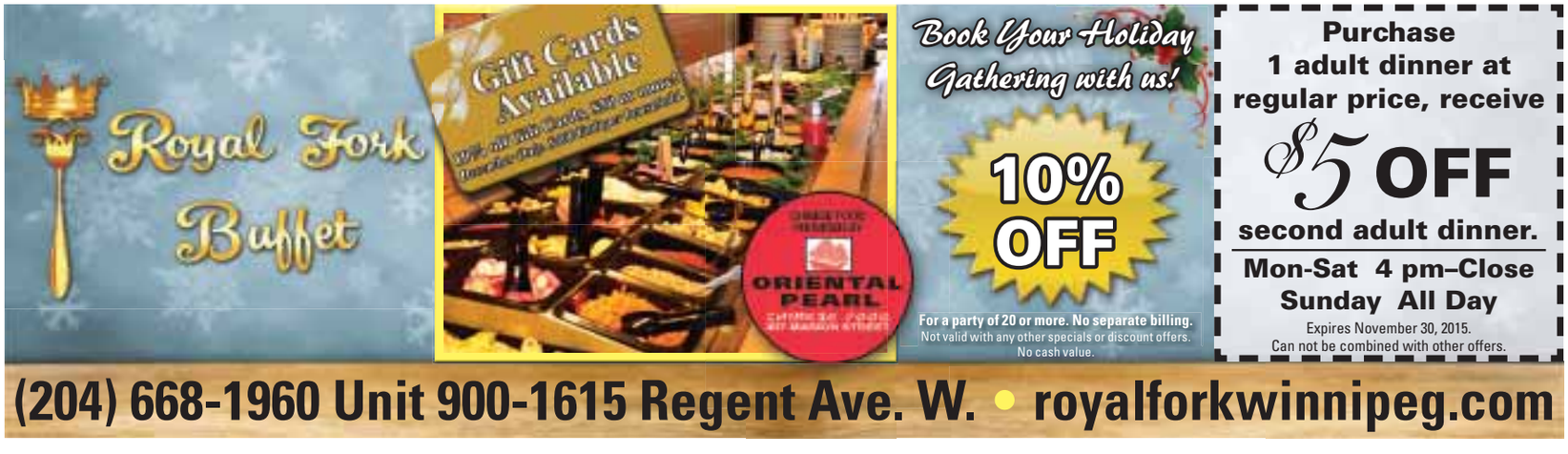
"Next year looks very, very strong for us."

> **Next year looks very, very strong for us.**
> Klaus Lahr

Electricians Alex Engen and Andrew Kelch check out the lighting in a large hall that is part of the RBC Convention Centre expansion project. DAVE BAXTER/METRO

RBC Convention Centre President Klaus Lahr and Premier Greg Selinger check out a room during a tour of the convention centre's expansion Thursday. DAVE BAXTER/METRO

Construction workers take a look at a new hall that will hosts trade shows and banquets. DAVE BAXTER/METRO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The Noble Thiefs unleash newest album It's Tough to Be the Bad Guy

BACKSTAGE PASS

Winnipeg band release first LP since 2011

Jared Story
Metro | Winnipeg

They say nice guys finish last. Well, The Noble Thiefs are in it to win it.

The Winnipeg rock 'n' soul band unleashes its inner bad boy on It's Tough to be the Bad Guy.

Noble Thiefs bassist Johannes Lodewyks says the antihero role came quite naturally.

"The album's title comes from the song Give 'em Hell," says Lodewyks, who is joined in The Noble Thiefs by vocalist Myron Dean, guitarist Riley Hastings and drummer Joel Armstrong.

"I had the line 'It wasn't enough for me, I could have gone for more and I wanted to, but now I see what's mine' and Myron just spat out naturally 'It's tough to be the bad guy, but I think I will.'

"It's reflective of the band too. We're never really the underdogs. I'm the shortest in the band and I'm six-foot-one. When we walk into a venue we're never the underdogs, so it's that bad guy mentality."

Released via Pipe & Hat, It's Tough to be the Bad Guy is The Noble Thiefs first full-length record since 2011's Beyond the 11th Deck.

A painstaking process, Lodewyks says the band spent two years writing the new album, before hooking up with Montreal producer Mike Nash.

"We spent six months with Nash tearing the songs down and building them back up. He really taught us a lot about effectiveness of songs and how to be efficient with them," Lodewyks says.

The Noble Thiefs unleash their latest slab of rock 'n' soul at the West End Cultural on Saturday.
TRAVIS ROSS/FOR METRO

The result is a streamlined rock 'n' soul record, whereas the Noble Thiefs debut disc was a sometimes messy mishmash of punk, ska, reggae and soul.

It's focused, but Bad Guy is still diverse. The album kicks off with a full-fledged arena rocker in How Can You Think of Love (At a Time like This?), before segueing into I Died in America, a tune that takes its time and oozes the blues.

"I akin it to a boxer," Dean says. "A good boxer punches in combinations. Everyone loves a good haymaker, but what you really want is combos. You want ducking and you want weaving. That's what makes it a sweet science."

The Noble Thiefs play the West End Cultural Centre on Saturday. Opening the show is Mise en Scene. Tickets are $20 at the WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketfly or $25 at the door. Showtime is 8 p.m.

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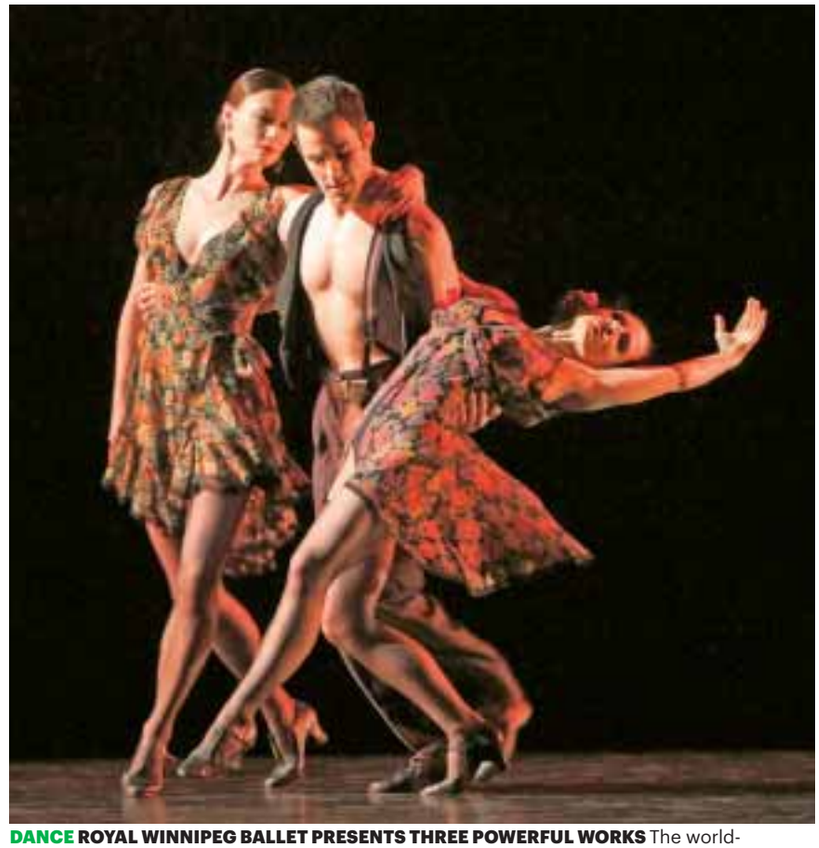

DANCE ROYAL WINNIPEG BALLET PRESENTS THREE POWERFUL WORKS The world-renowned Paul Taylor Dance Company is coming to the Pantages Playhouse Theatre Friday through Sunday. Presented by the Royal Winnipeg Ballet, the presentation includes three masterworks from the company's repertoire: Esplanade, Company B and Piazzolla Caldera.
PAUL B. GOODE/PAUL TAYLOR DANCE COMPANY

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LOAN INITIATIVE

Liberals plan to ease student debts

Manitoba Liberals say they will turn the province's portion of student loans into non-repayable grants if the party wins next April's election.

Leader Rana Bokhari says the promise would cost $10 million a year.

She says post-secondary students are graduating with a mountain of debt and often cannot repay loans on a starting salary.

The plan would be to essentially forgive Manitoba's 40 per cent share of Canada Student Loans run by the federal government.

The remaining 60 per cent of outstanding grants would still be repayable to the federal government.

Manitoba's NDP government has already introduced new financial aid initiatives for students, such as a recent decision to make all of the province's student loans interest-free.

$10 million

The estimated total cost Manitoba faces if the Liberals' election plan to turn the province's student loans into non-repayable grants come to fruition.

It also offers a 60 per cent income tax rebate for graduates who stay and work in Manitoba, up to a lifetime maximum of $25,000.

The Liberals hold one of 57 legislature seats, but are hoping for a breakthrough in next year's election. They have been buoyed by opinion polls that suggest the party has nearly tripled its support.

THE CANADIAN PRESS

CHILD WELFARE

Spike in drowning deaths a real worry

Fewer children died in Manitoba last year, but the province's children's advocate says more work needs to be done.

The annual report from Darlene MacDonald says 149 children died in the fiscal year that ended last March — 18 fewer than the previous year and the lowest in at least five years. Almost two-thirds of the deaths were from natural causes, while another 20 per cent were from undetermined causes.

Six deaths involved children who were either in or had recently been involved with child welfare and half of those were attributed to medical causes or motor vehicle crashes.

MacDonald says one area of concern is that five Manitoba children died in drowning incidents last year. Her office has emphasized the need for precautions, especially in First Nations communities because many sit along rivers or lakes.

There are still 10,295 children in care in Manitoba. That's up by just two from 2014 but continues a worrying trend that has seen the number increase each year for a decade. In 2006 there were 6,629 children in care.

The children's advocate is an independent officer of the legislature that provides advice to the government and child-welfare agencies.

THE CANADIAN PRESS

Adults are invited to bring their childhood writing to the stage of The Park Theatre Nov. 15. CONTRIBUTED

Big kids remember the darndest things

PODCAST FUN

Couple call on grown-ups to read back through time

Grown-ups Read Things They Wrote as Kids brings Winnipeggers onstage at The Park Theatre to do just what the title suggests Sunday.

"We love Winnipeg and we love the weird, wonderful things people dig out of their basements," says Dan Misener, co-creator.

He and his wife, Jenna Misener, have been producing a podcast since 2008 and in 2014 they began travelling to host live events across Canada.

They encourage people in the cities they stop in to sign up as readers, then bring journals, stories, poems and anything else they wrote as kids to read in front of a live audience.

The shows are recorded and later posted as podcasts.

"We're trying to tell the story of a place through what the people who grew up there wrote," says Dan.

He says different themes come from different places.

"The things that I love about readings that come from a place is the really specific references," Dan says. Often the references are to certain places or the weather.

> **We were kind of floored by the response.**
> Dan Misener

"Winnipeg is cold," Dan says.

Dan says there's something universally appealing about being in a room full of strangers, but being able to relate to them through their childhood writing.

The readings also highlight differences between people.

When Dan hears something written by an indigenous girl in Winnipeg, he compares it to a piece written by a white boy in Halifax and sees the many differences in childhood experiences across Canada.

There have already been two shows in Winnipeg and two more are being hosted on Nov. 15.

"We were kind of floored by the response to the evening show," Dan says. It sold out so quickly, a second was added in the afternoon.

For those who can't make it to either, the recordings will be posted at grownupsreadthingstheywroteaskids.com.

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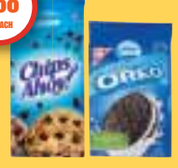

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Woman's body found on reserve

GOD'S LAKE FIRST NATION

Manitoba RCMP have launched an investigation

A grieving mother says her 23-year-old daughter's body has been found on God's Lake First Nation in northern Alberta.

RCMP have not released a name but Beverley Andrews says the body of Krystal Andrews was found Monday in an isolated area of the reserve.

RCMP are treating the death as suspicious but say that based on initial steps of the investigation, officers believe there is no risk to public safety in the community.

No arrests have been made.

Beverley Andrews says her daughter was attending a social on the weekend at the reserve when she vanished.

She says she reached out to people in God's Lake over the weekend, asking if they had seen Krystal.

"I kept phoning people to go look for her. I was on Facebook all night asking people all over God's Lake if they'd seen her," she says.

Relatives say they have heard rumours about what happened but Beverley Andrews says she is only interested in the truth.

"I don't want to believe until I know exactly what happened to her," she says.

Krystal Andrews was the mother of a five-year-old boy and a three-year-old girl.

CTV WINNIPEG/THE CANADIAN PRESS

Krystal Andrews. FACEBOOK

MURDER TRIAL

Jury to decide man's fate

The fate of a man accused of killing a transgender sex-trade worker will soon be in the hands of a jury.

Theodore Herntier, 44, is charged with second-degree murder in the September 2004 death of David Boulanger, who was also known as Divas B, who was found dead and wrapped in plastic near a truck stop close to Portage la Prairie, Man.

Closing arguments were made with defence lawyer Martin Glazer suggesting the Crown had simply not proven its case against his client.

He said the Crown's case was "fiction" and made up of circumstantial evidence, noting that witnesses have testified about seeing Boulanger alive in the month after she was supposedly dead.

Prosecutor Brian Bell told the jury there was only one conclusion and they could "rationally and safely" find Herntier guilty.

The prosecution maintains Herntier picked up Boulanger on a street corner, hit her with a wrench and then killed her in his shop.

They say he then dumped the body at a rest stop along the Trans-Canada near Portage la Prairie.

Glazer said there is no evidence pinpointing precisely when Boulanger was killed or even the exact day that she vanished.

CJOB/THE CANADIAN PRESS

Transgender sex-trade worker David Boulanger, also known as Divas B, was found dead near Portage la Prairie. HANDOUT

The City of Winnipeg is taking a preventative approach to **keep zebra mussels out of the water supply.** CONTRIBUTED

Invaders threaten

SHOAL LAKE

City to protect water supply from zebra mussels

Dave Baxter
Metro | Winnipeg

The City of Winnipeg is worried zebra mussels could invade their water supply.

The City has released a request for proposals (RFP) for the design of a copper-ion generating system at the Shoal Lake Aqueduct Intake Facility that they hope will keep the invasive species out of the lake that supplies Winnipeg with its water.

Zebra Mussels have been found in Lake Winnipeg, the Red River and recently in Cedar Lake, and the city says the chances of the mussels entering Shoal Lake have increased.

The RFP states "Zebra mussels are considered the invasive species of primary concern to Winnipeg's water source due to their introduction into Lake Winnipeg in 2013."

If mussels are found in Shoal Lake before a cooper-ion generating system is complete, the city says they can use continuous chlorination for mussel control, but only in the short term.

"This is not a long-term solution due to concerns with the reliability of the existing system, regulatory requirements for disinfection by-products, staff safety, and potential for environmental impact from transporting large amounts of chlorine," said the RFP.

Bids for the project are being accepted until Nov. 20.

NDP GOVERNMENT

Review of balanced budget law continues

A review of a balanced budget law that has been a thorn in the Manitoba NDP government's side is still ongoing six months after it was announced.

Consultations with the public, as well as meetings with businesses, students and other groups, are well underway but there is no word yet on when a decision will be made, Finance Minister Greg Dewar said.

"We're still weighing our options and we're still meeting with people," Dewar said.

The Balanced Budget, Fiscal Management and Taxpayer Accountability Act was introduced by the former Progressive Conservative government, forbidding deficits except in cases of natural disasters or war. It also requires a referendum before the provincial sales tax, income tax or the business payroll tax can be raised.

THE CANADIAN PRESS

WAVERLEY WEST

Committee approves recreation facility

A massive recreation campus for Waverley West took a step forward.

At a property and development committee meeting at city hall the committee OK'd handing over $350,000 to begin the planning stages for the facility.

Planning would include finding a site, developing site plans and doing community consultations.

A recently released administration report said the Waverley West area is growing rapidly but is underserved by recreational facilities.

It's estimated that Waverley West will be home to about 40,000 people by 2020.

Area Coun. Janice Lukes said she may have cleared one hurdle towards getting the campus, but the fight to get further funding is far from over.

Coun. Russ Wyatt said the city should wait for a larger citywide recreation plan before committing funds to Waverley West, and was the only councillor who voted against the funding.

"This is going to be a non-stop challenge in my three years here probably," said Lukes. "Every day I will be working on this file because as you can see, and as you heard for whatever reason there's not a lot of love for Waverley West."

City administration expects the development will need 25 to 33 acres, which would cost about $3.63 million, and suggest the facility be built adjacent to land currently owned by the Pembina Trials School Division, where there are plans to build a school.

The funding still needs city council approval.

DAVE BAXTER/METRO

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Where food, drink meet politics

Ever wondered where politicians and parliamentary staff hang out after a long day of important decision-making and problem solving? Some of Ottawa's many pubs and restaurants are frequented by the likes of federal party leaders and their caucuses — and you may be surprised at how much information is shared over a glass of Chardonnay.

1 He knows just how you like your martini — Xavier McNeill mixes a martini behind the bar at Zoe's Lounge inside the Fairmont Chateau Laurier.

2 An elegant pour for those on the floor — Bartender Elizabeth Gould pours a glass of Sancerre Daniel Chotard inside Luxe Bistro in the ByWard Market.

3 Getting to the pint — From left: Ian McKierahan, Paul Sanderson, and Rob MacDonald wind down with some pints at Sir John A Pub on Elgin Street.

POLITICAL BUZZ

Jessica Murphy

One of the first signs of a power change in political Ottawa is the sight of the Liberals creeping back into D'Arcy McGee's.

The venerable Sparks Street bar had been home to a political tussle when Stephen Harper's Conservatives came to power in 2006 and, early on, ousted the Liberals from the favourite watering hole, says photographer Mitch Raphael, who has covered the Ottawa social scene for years.

But nine years later, with Justin Trudeau's Liberals back in power, D'Arcy McGee's is looking more and more like a resurgent Grit hangout in the post-federal election power shift.

Ottawa's 5-to-7 after-work hours are an "incredible time for information sharing," say Greg MacEachern, vice-president of government relations at Environics.

"Despite all our mobile devices, a lot of information in Ottawa is transmitted over a glass of wine and an hors d'oeuvre," he said.

Photographer Raphael says there's a definite drinking culture on the Hill.

"There's a reason they all have (drivers)," he said.

There are a few factors that go into making a spot a regular hangout for political power players and their hangers on — chief among them proximity to Parliament Hill.

> **The top spots are ... Metropolitain, D'Arcy's, Hy's and Brixton's.**
> Greg MacEachern

"The top spots are — you can almost draw a straight line — Metropolitain, D'Arcy's, Hy's and Brixton's," MacEachern said.

With the historic Hy's Steakhouse closing shop next year, the up-and-coming Bier Markt is still central in the city's political topography.

There are several factors that influence where politicos hang out. Beyond location, service counts. Having a favourite drink appear magically on the bar at a given establishment is an experience that has won over the hearts and the wallets of many a political staffers.

Then there's partisanship — a Liberal pub, an NDP bar, a Tory brasserie — with political tribes staking claims to specific spots even though the businesses themselves welcome all customers.

Summa Strategies consultant Angela Christiano also expects an uptick in official receptions in early 2016 as stakeholder groups try to get their issues on the Liberal government's radar and build relationships with new MPs and their staff in a social setting.

"It gives that casual opportunity to have an off-the-cuff conversation," she said.

With upwards of three events a night being hosted on and around the Hill at peak times in the political calendar, it makes for a busy reception circuit.

"We call it speed dating for MPs," said MacEachern.

THE LUXE

Another bar to look out for

The night before he was sworn in as prime minister, Trudeau, his top aides and the entire soon-to-be Liberal cabinet gathered at the Luxe bistro in the ByWard Market for a private party.

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Play nice, cabinet told

POLITICS

Ministers to co-operate with everyone

Working well with others — including the media — is now officially part of the job description for Canadian cabinet ministers.

The "mandate letters" given to every minister are setting a new bar for co-operation in Justin Trudeau's government, according to one letter obtained in advance of the expected public release.

Co-operation seems to be the top item on the to-do list of Trudeau's team.

Ministers are being warned that they will be judged by how well they treat a whole raft of people — everyone from business to labour, stakeholders and citizens, and yes, the opposition and the media too.

"Members of the Parliamentary Press Gallery, indeed all journalists in Canada and abroad, are professionals who, by asking necessary questions, contribute in an important way to the democratic process. Your professionalism and engagement with them is essential," the letter states.

This is, we'll remember, a slightly more formal way of saying what Trudeau told a crowd of people booing reporters during the last week of the election campaign. "Hey! We have respect for journalists in this country," Trudeau chided unruly Liberals at a campaign stop in Montreal. "They ask tough questions and they're supposed to. OK?"

One group of people is singled out as well in the mandate letters for special treatment from government. "No relationship is more important to me and to Canada than the one with Indigenous Peoples," the letter states. TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau talks to media after holding a meeting with cabinet. FRED CHARTRAND/THE CANADIAN PRESS

SYRIAN CRISIS

Refugees screened before, after arrival

Some security screening will be conducted on Canadian soil as the Liberals push to bring in 25,000 Syrian refugees by the end of the year, Public Safety Minister Ralph Goodale says.

Goodale told reporters that security checks on the refugees will be conducted both before and after the refugees begin arriving in Canada.

"It will be a combination of both," Goodale said after a cabinet meeting Thursday.

Security concerns were among the chief reasons the previous Conservative government advocated for moving slower on the refugee file — although Harper's former chief of defence staff, Rick Hillier, suggested those were overblown.

Goodale said his officials assured him they can get the job done. Goodale's portfolio includes CSIS, which does much of the screening work, as well as the Canada Border Services Agency and the RCMP.

"My officials are satisfied that, to the extent that there are security issues, that they can be properly managed within the frame that the government is considering, and that Canada can fulfil the objective of receiving and settling 25,000 refugees in an expeditious way," Goodale said.

25,000

Number of Syrian refugees Canada plans to settle by the end of the year. Quebec will welcome 6,000 of those. Montreal, Toronto, and Edmonton will be transit points.

Goodale was speaking after cabinet got its first look at a plan hammered out by new cabinet committee to meet the end-of-year target. The details of that plan have not been released, but a source told the Star that it's expected to be revealed early next week.

> **Canada has benefited for decades and generations from various waves of immigrants**
> Justin Trudeau

Prime Minister Justin Trudeau admitted it will be a challenge, but he has a "great deal of confidence" that his government will meet the target.

"I know that Canada has benefited for decades and generations from various waves of immigrants, people who were often fleeing for their lives and who have established good lives for themselves and contributed greatly to our country's success," Trudeau said. TORSTAR NEWS SERVICE

IN BRIEF

NDP entrusts long-time MPs with critic roles
Tom Mulcair will rely on veteran members of his team — like Nathan Cullen, critic for environment — to help the NDP flex its muscles in Parliament. Charlie Angus has been named critic for indigenous affairs, and B.C.'s Don Davies will focus on health.
THE CANADIAN PRESS

Trudeau to see Queen
Thirty-eight years after his father caused an international sensation with a pirouette behind an oblivious Queen, Justin Trudeau is going to meet the monarch. The prime minister says he's looking forward to meeting and speaking with the Queen on his way to Malta near the end of the month. THE CANADIAN PRESS

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Slovenian soldiers set barbed wire fences on the Slovenian-Croatian border near Rakovec on Thursday. AFP/GETTY IMAGES

EU's passport-free area under threat

EUROPE

Nations take action to slow huge influx of migrants

Passport-free travel in Europe is under threat as countries reintroduce border controls, toughen security and build fences in response to the biggest refugee emergency the continent has seen in decades.

The Schengen open-borders zone uniting 30 countries is a pinnacle of European achievement. It underpins the EU economy, allowing goods, services and people to cross frontiers without checks.

But Sweden says security at its borders cannot be assured and announced checks were resuming on Thursday, while tiny Slovenia has begun erecting a fence to stem the flow of people from Croatia, the second nation, after Hungary, to resort to such a measure.

These uncoordinated and unilateral actions in response to unpredictable movements of thousands of people have raised fresh doubts about whether the passport-free area can survive the migrant challenge.

"Saving Schengen is a race against time," EU Council President Donald Tusk warned on Thursday after a migration summit with European and African leaders in Malta.

He cited individual moves by Germany, Sweden, Slovenia and others in response to what they see as threats to their border security from the tens of thousands of migrants streaming in from Africa, the Middle East and Asia.

"Without effective control of our external borders, Schengen will not survive," Tusk said.

The two-day summit on the Mediterranean island was meant to focus on how to send back to Africa those who don't qualify for asylum and discourage others from attempting the risky journey across the seas in search of a better life.

The leaders did sign up to an action plan of short and longer term measures to halt the flow of Africans coming to Europe and steps to send back those who don't qualify for asylum.

THE ASSOCIATED PRESS

> **When our authorities tell us we cannot guarantee the security and control of our borders, we need to listen.**
> Swedish Prime Minister Stefan Lofven

BURUNDI

UN decries killings amid genocide fear

The UN Security Council unanimously approved a resolution Thursday condemning killings in Burundi and threatening sanctions, while international leaders urgently called for the government and opposition to meet amid fears the African nation is at risk of genocide.

Witnesses say the killings, torture and human rights violations are the result of a government crackdown on opposition members. Statements by Burundian officials last week echoed language used in the 1994 genocide in neighbouring Rwanda, where more than 800,000 ethnic Tutsis and Hutu moderates were slaughtered in a campaign orchestrated by Rwanda's Hutu-majority extremist government.

Like Rwanda, Burundi has a history of tensions between its Hutu and Tutsi ethnic groups. At least 240 people have been killed in Burundi since protests began in April against President Pierre Nkurunziza's ultimately successful quest for a third term.

"We know how high the stakes are," Britain's UN Ambassador Matthew Rycroft said after the council vote. "We know that in the worst case what we're talking about is a possible genocide, and we know that we have to do everything we possibly can to prevent that."

The French-drafted council resolution asks UN Secretary-General Ban Ki-moon to deploy a team to Burundi to work with the government, African Union and other partners to "develop options to address political and security concerns."

THE ASSOCIATED PRESS

A Burundian soldier guards a street in the troubled nation. THE ASSOCIATED PRESS

IN BRIEF

Mister Ugly contest draws record number of entries

Zimbabwe's Mister Ugly William Masvinu has tough competition in this year's pageant due to a record number of entries.

For the first time since the competition began in 2011, organizers will hold preliminary rounds to whittle the number of hopefuls from 36 to 12 who will compete in the Nov. 20 finale.

THE ASSOCIATED PRESS

Lawmakers vote down pro-independence hopeful

The leader of a Catalan secessionist alliance vowing to break away from Spain by mid-2017 failed again Thursday to get the backing of regional lawmakers for his re-election as president. Artur Mas' candidacy was rejected by 73-62 in the Catalan parliament, with only his Together for Yes alliance supporting him.

THE ASSOCIATED PRESS

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A vendor sells calendars with a portrait of Myanmar opposition leader Aung San Suu Kyi in Yangon on Thursday.
ROMEO GACAD/AFP/GETTY IMAGES

Army gives nod to NLD

MYANMAR

Suu Kyi's opposition party nears majority

Myanmar's official vote count inched closer Thursday to confirming a parliamentary majority for Nobel laureate Aung San Suu Kyi's opposition party, as the military establishment that has been her nemesis for decades appeared ready to toss in the towel.

While the army has not conceded defeat for the ruling pro-military Union Solidarity and Development Party, it has acknowledged the massive success of Suu Kyi's National League for Democracy in Sunday's election and pledged it will respect the final results. Those results seem virtually certain to allow the opposition to take over the government.

2

The number of seats the NLD party needs to reach a majority in Parliament

The office of army commander Senior Gen. Min Aung Hlaing said the military will hold talks with Suu Kyi after the election results are complete. Suu Kyi issued an invitation on Wednesday for a meeting with the commander, along with President Thein Sein and House Speaker Shwe Mann.

Results issued so far by the Union Election Commission support unofficial numbers from the NLD and local media pointing to a landslide win for the pro-democracy crusader and a resounding rejection of military rule. While the opposition may soon have enough confirmed seats for a parliamentary majority, it could still be another week or so until all votes are tallied.

Attention is riveted on what has been called the "magic number" for Suu Kyi's party. The election commission's latest announcement Thursday showed the NLD needs just two more seats to reach the 329 it needs for a majority in the 664-member, two-house Parliament.

Elections were not held in seven constituencies, meaning a simple majority can be reached at 329. The NLD has officially won 217 seats in the lower house —which means it now will have the power to pass bills there — and 110 in the upper house, for a total of 327. The military automatically receives 25 per cent of the seats in each house under the constitution.

THE ASSOCIATED PRESS

SOUTH KOREA

Court upholds life sentence

South Korea's top court on Thursday upheld a life sentence for the captain of a ferry that sank last year, killing more than 300 people, most of them teenagers on a school trip.

The Supreme Court upheld a lower court that sentenced Lee Joon-seok, 70, to life imprisonment for charges that included homicide, the court said in a statement. The court ruled that Lee committed homicide by "wilful negligence," concluding he fled his ship without giving an evacuation order, although, as captain, he is required by law to take measures to save his passengers.

The court also upheld prison terms of 18 months to 12 years for 14 other crew members who faced similar charges of negligence and passenger abandonment, but weren't found guilty of homicide or avoided such charges because they were subject to Lee's orders.

A total of 304 people died when the ferry Sewol sank off South Korea's southwest coast in April 2014 in one of the country's deadliest maritime disasters. Most of the victims were from a single high school.

Lee and his crew members have been the targets of fierce public anger because they were among the first people rescued from the ship when it began badly listing.

THE ASSOCIATED PRESS

FRANCE

Charlie Hebdo needs 'new team' survivor says

A surviving member of Charlie Hebdo's editorial staff says the satirical newspaper in Paris devastated by a terror attack on Jan. 7 needs a new team, but the publication is more important than ever. Patrick Pelloux said the newspaper needed people to help "rediscover the meaning of caricature." THE ASSOCIATED PRESS

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An Indian man wears a **face mask to protect himself from smoke** — and the build-up of toxic pollution — during Diwali celebrations, or the festival of lights, in New Delhi, the Indian capital Wednesday. TSERING TOPGYAL/THE ASSOCIATED PRESS

There's no smoke without fireworks

INDIA

New Delhi under a toxic haze after its festival of light

The fireworks have fizzled. The festival lights are coming down. What's left of the Hindu holiday of Diwali in the Indian capital — the world's most polluted — is a toxic haze that has residents gagging for oxygen.

Air pollution levels across New Delhi on Thursday, a day after the ancient festival of lights, were described as severe-to-critical, up to eight times higher than what India deems acceptable and 20 times what's recommended by the World Health Organization.

Such pollution happens every year, as offices and businesses shut down for India's biggest gift-giving holiday and many set off powerful rockets at all hours of the night.

A government health advisory warned people to avoid all outdoor physical activity, citing a serious risk of respiratory effects following prolonged exposure to smoke-filled air.

Tourist Bazil Antonius, visiting from the northern city of Chandigarh, said he had trouble breathing Wednesday as fireworks exploded overhead.

"Diwali is a lovely festival of," Antonius said. "But the fireworks cause pollution, which is adding to the pollution in Delhi."

Public alarm over rising pollution has seized the capital in recent years, with newspapers carrying regular stories on levels of particulate matter called PM2.5 — small enough to penetrate deep into the lungs.

Last year, WHO named the Indian capital as the world's most polluted, with 12 other Indian cities ranking among the world's most polluted 20. Another study in February estimated 660 million Indians were losing three years of their lives due to exposure to air pollution across the country. THE ASSOCIATED PRESS

ORGANIZED CRIME

'Goodfellas' mob veteran cleared of racketeering

An aging mobster who stayed mostly in the shadows for decades by adhering to the Mafia's strict code of silence was acquitted Thursday of charges he helped plan a legendary 1978 Lufthansa heist retold in the hit film "Goodfellas."

A federal jury reached the surprising verdict at a Brooklyn racketeering trial where it heard testimony that portrayed 80-year-old Vincent Asaro as a throwback to an era when New York's organized crime families comprised a secret society.

Asaro jumped up, pumped his fist and clapped after the verdict. When he walked out of the courthouse, he threw his hands up in the air and hollered: "Free!"

Vincent Asaro leaves Brooklyn federal court Thursday after his surprise acquittal. BRYAN R. SMITH/THE ASSOCIATED PRESS

"I was shocked, I was really shocked," Asaro said outside. "I've got two years in, and I'm dying to get home."

He said he would be headed home to have a good meal with his family.

"Right now I've been eating bologna sandwiches," he said.

Asaro said he believed jurors found him not guilty because the prosecution's case was "overkill." THE ASSOCIATED PRESS

IN BRIEF

Russia's torpedo video leak may have been no error

Details of a new Russian submarine-launched nuclear torpedo have been shown on state-controlled TV, a secret the Kremlin said shouldn't have been aired. Observers, however, saw it as a deliberate leak.

The airing raised suspicions it was done intentionally to scare the West. THE ASSOCIATED PRESS

Suicide bombers rock Beirut with double blast

Twin suicide bombings struck a Beirut suburb that's a stronghold of the Shiite group Hezbollah on Thursday, killing at least 43 people in the Lebanese capital. THE ASSOCIATED PRESS

Students rally against campus racism

HIGHER EDUCATION

Solidarity shown for U of Missouri protesters

Thousands of students across the U.S. took part in demonstrations at university campuses Thursday to show solidarity with protesters at the University of Missouri, and to shine a light on what they say are racial problems at their own schools.

Students at some schools said they were emboldened to take a harder stance against racism by the protests that topped the Missouri president, who was criticized for his handling of racial complaints. Some of the Missouri students said they were inspired by the protests in nearby Ferguson, where the police killing of an 18-year-old black man helped give rise to the nationwide "black lives matter" movement.

From Boston College to campuses at the University of California, dozens of schools saw walkouts and rallies.

In recent days and weeks, students at some colleges have presented administrators with their own demands, inspired by those of the protesters at Missouri.

Often, the demands call for greater diversity on the faculty, more spending on scholarships for minorities, more instruction on tolerance and sensitivity, and more resources such as cultural centres.

Universities have responded by hosting diversity forums in recent days, or meeting to hear demands. THE ASSOCIATED PRESS

UCLA students stage a protest in solidarity with protesters at the University of Missouri, Thursday. NICK UT/THE ASSOCIATED PRESS

MARINE MAMMALS

Navy says sonar test impacts 'low-level'

The National Marine Fisheries Service said Thursday it has authorized the U.S. Navy's proposal to expand sonar testing and other warfare training off the Northwest coast, after determining the exercises would not have major impacts on endangered orcas and other marine mammals.

The Navy said the exercises are need to ensure its forces are ready for conflicts and noted that it has trained for decades in the area without significant effects on the animals.

The fisheries service renewed the Navy's five-year permit to conduct the activities in areas from the inland waters of Puget Sound in Washington state to the northern coast of California.

Environmentalists have fought to limit the areas and times when the Navy trains, saying the activities can kill and harass whales and disrupt the ability of marine mammals to forage for food and communicate with one another.

Environmental advocates have fought to limit areas in the Pacific Ocean, including waters off Hawaii and Southern California, where the Navy can train and test sonar. THE ASSOCIATED PRESS

An endangered female orca leaps from the water while breaching in Puget Sound west of Seattle. THE ASSOCIATED PRESS FILE

IN BRIEF

Defence secretary's aide under investigation

The Pentagon says that Secretary of Defence Ash Carter's top military aide has been removed from his job and is under investigation by the department's inspector general.

Lt. Gen. Ron Lewis is facing allegations of misconduct, but defence officials would not provide any details. A senior defence official says Carter learned of the allegations Tuesday night and referred the matter to the inspector general. The official says Carter was surprised by the allegations and met with Lewis Thursday morning.

Carter in a statement says the Army may take any appropriate action against Lewis once the investigation by the inspector general is finished.

Carter says he expects the highest possible standards of conduct from his department employees, especially senior leaders. THE ASSOCIATED PRESS

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NEW YORK CITY

Tracking homeless seen as harassment

On an app, pins on a New York City map keep track of sightings of homelessness, accompanied by photos of people lying on sidewalks, slumped in doorways, sitting on curbs with shopping carts piled high with bags. Hashtags frame the scenes: "NeedsMedicalAid," "Encampment," "Aggressive Begging," "Violent."

On a similar Facebook page, residents of a Manhattan neighbourhood share pictures and complaints about people living on the streets, some half-naked. A website created by a police union posts pictures of the homeless and vows, "We are watching you!"

Advocates for the homeless see such efforts as more harassment than help. Dave Giffen, the executive director of the Coalition for the Homeless, calls the initiatives "unethical and inhumane." But organizers say they are illustrating a pressing social problem. "People thought I was picking on the homeless," says Ed Mullins, who heads the police sergeants' union that maintains Peek-a-booNYC. "My question is, 'Well, what can you do better?'"

New York's telephone complaint system has fielded more than twice as many reports about homeless people in the first 10 months of this year as during the same period last year. THE ASSOCIATED PRESS

STATISTICS

New York has the biggest homeless population of any U.S. city, according to federal statistics. As of Tuesday, there were over 57,700 homeless people in shelters, a 13 per cent increase from the same night two years ago.

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IN BRIEF

Coal industry hurting

Canada's coal-export market has taken a major hit in recent years, as prices have dropped from more than $300 US a tonne in 2011 to less than $90 US a tonne this quarter because of continued oversupply and slowing demand from China.
THE CANADIAN PRESS

Smart gadgets move past fitness bracelets

TECHNOLOGY

Devices aim to cover every age and area of human health

Kari Kivela, head of design at Ouraring, promotes a **"wellness" ring** at Slush 2015 on Thursday.
LEHTIKUVA/THE ASSOCIATED PRESS

After the smartphone and fitness bracelet, here comes the smart ring. And the smart pacifier. And smart rollator.

"Wellness" computers that monitor your pulse, temperature and other health indicators are becoming increasingly sophisticated and varied to cover every aspect — and age — of human life. Some products, like the ring by Finnish startup Ouraring, are specialized in optimizing physical training by tracking sleep patterns and physical activity. Others are looking to fit into health-care services struggling to cope with aging populations.

Health gadgets took the limelight at this week's Slush fair, a gathering of technology startups that has drawn 800 investors and an estimated 15,000 participants worldwide.

Lasse Leppakorpi, the founder and CEO of Beddit, a startup specializing in sleep-monitoring equipment, says new gadgets will increasingly change the role of doctors to becoming "consultants and experts" for people concerned about their well-being. "The focus of health care will shift from treating illnesses more toward responsibility of caring for one's health," he said at the Slush fair, featuring a record 1,700 startups.

> **The focus of health care will shift from treating illnesses more toward responsibility of caring for one's health.**
> Lasse Leppakorpi

The maker of the smart ring, Ouraring, believes it has an advantage over companies providing only sleep-monitoring equipment, such as smart beds equipped with sensor straps under bed sheets. "Our rings monitor when you're asleep, when you're awake, if you're sitting, when you're on the move," said Kari Kivela, head of design at the Finnish company based in the city of Oulu, a former Nokia hub.

On Thursday, the company announced it had secured $2.3 million US in funding, mainly from U.S investors, on top of $650,000 US raised in a Kickstarter campaign in September with more than 2,000 backers. THE ASSOCIATED PRESS

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PRO CON

Should hospitals allow visitors 24/7?

Three Ottawa hospitals have ditched limits on visiting hours for patients' friends and families in an effort to promote more holistic health care and reduce isolation. But is bringing familiar faces from home into the hospital really the best way to heal?

YES: TLC from family is the best medicine

Being seriously ill is scary and lonely, but having a family member or trusted friend with you — outside of the typical afternoon visiting hours — can help. And allowing that is in line with the trend toward a more family-focused, patient-centred approach to health care. Family members also know more about the patient and their history than doctors or nurses ever could. They can pitch in with tasks like feeding and personal care, and they may be able to notice when something is off. According to the Canadian Foundation for Healthcare Improvement, patients whose loved ones are allowed to stay with them in hospital experience fewer medication errors and falls, shorter stays, fewer readmissions and a generally better experience and standard of care.

NO: Patients need peace and quiet

Visiting hours enforce a period of restful calm, especially during the night, to allow patients to sleep and heal. Hospital staff already have the discretion to allow visitors to stay when circumstances warrant it. But visiting hours allow them to effectively get interlopers to leave if they're being loud or inconsiderate. Unlimited visiting will disproportionately affect people who can't afford a private or semi-private room: Even quiet talking can disturb the sleep of someone who is in pain and in an unfamiliar environment. Certain units — such as maternity, children's wards, intensive care and palliative care — already routinely allow visitors around the clock. Finally, more people coming and going might mean more infections, and could pose security issues, especially at night when fewer staff are on duty.

Stop excusing sexism: Ordain women already

Michael Coren
For Metro

It's the last acceptable face of misogyny. I speak of conservative Christianity, principally the Roman Catholic Church and hardline evangelical Protestants, who manage to routinely discriminate against women and still enjoy a status in society that would be denied any secular organization that acted in a similar manner.

I am utterly convinced that if women had been priests, the (sexual-abuse crisis) never would have developed.

The reality is that no matter how great their ability or suitability, no woman can ever be ordained as a priest or a minister in these churches, and it's time we asked some serious questions and stopped allowing sexism to hide behind religion.

The Roman Catholic argument is that Jesus was a man, and as the prime role of the priest is to represent Christ at the Mass, no woman could fulfill the position. But Jesus was also Jewish, spoke Aramaic and was born of a virgin. Try as I might I have never found an Aramaic-speaking, Jewish priest born of a virgin serving mass in Canada. Perhaps I need to look further afield!

Seriously though, if this is the best it can do the Catholic Church is on pretty shaky ground. The central word here is "represent." Every Christian believes that there is only one Jesus, but that someone can represent Him without resembling Him.

The irony is that Jesus didn't share such prejudice. He surrounded Himself with devout women, told His followers to revere His mother, and the first people to see the resurrected Christ were women — not initially believed by the frightened, faithless men they told.

Women not only played a central role in founding the church, but also in maintaining it, especially through the darkest times of ancient oppression. There were certainly women deacons and possibly female priests. But the patriarchy was at its strongest in medieval Europe and the role of Christian women was rapidly diminished.

Non-Catholic Christians who deny female ordination point to various scriptural statements concerning male leadership and female subservience, but as with so much of the Bible, context and historical understanding are vital. Today many, perhaps most, Protestant churches ordain women. Yet there is, alas, still resistance.

Nor is just about equality. As someone who has written extensively about the Catholic sexual-abuse crisis, I am utterly convinced that if women had been priests the horror would never have developed and certainly wouldn't have been hidden.

Christianity still has so much to offer the world, but it can only do so if it abandons outdated, ugly and irrelevant conventions.

Michael Coren is a writer, broadcaster and author of the forthcoming Epiphany: A Christian's Change of Heart & Mind over Same-Sex Marriage.

ROSEMARY WESTWOOD

metroview

If anyone asked me what unites Canadians, I'd be stumped

Letters-to-the-editor pages in newspapers somehow still exist.

In a world suffocated by opinion (mine, yours, and both our dogs' on FB, Twitter, Insta, Reddit, article comments, YouTube comments), it seems a little quaint, no?

And yet there I was, reading the letters section of the National Post the other day. And boy, was that fun.

Charles in Nanaimo knows better than Keystone XL bigwigs that Obama always had it in for the pipeline.

Jack in Victoria suggests the end of all intersections, in favour of roundabouts, if the Liberals really want to invest in infrastructure.

Albert, also from Victoria, is wigged out about 25,000 Syrian refugees really getting a good vetting.

Osama in Calgary has some eloquent words of loyalty and support for Canadian soldiers.

Some letter-writers sound as nutty as the emails I often get. Some people sound sane. And there's actually a diversity of opinion. There are full sentences and complete attribution, including city of residence, and no Ayn Rand-inspired handles.

It's like, I dunno, a reflection of Canadians? A cross-section of opinion I would maybe see in other papers but definitely not in my various social media feeds.

There, I follow people who interest me, and while there's a bit of political diversity, it's not much. Inflammatory (to me) opinions are at a minimum. Thus, according to the bulk of my digital newsfeeds, Canadians are pretty thrilled with Trudeau, and we'd be cool if the official opposition didn't show up.

Reading the letters felt like checking in with extended family. Still right-wingers out there, hey? Good to know. The whole fear of immigrants and refugees, that's healthy? Okay, got it. And you went on a cruise, you say? Glad that was fun.

It reminded me of a dinner I had recently, where I got a little worked up, I'll admit, because my companion, an old family friend, really thinks Islam (and all religions) is evil.

I think I could have kept my voice down and saved the pub a few high-pitched broken wine glasses if only I'd had some reminder lately that not everyone agrees with me.

Shocking, I know.

And that people still very much and very deeply fear the "other." Still, to me, shocking.

I like getting a multi-paragraphed window into those right-wing others, and then see their full names in italics. It gives their views more weight. It makes them real.

It reminds me that if anyone asked me to describe what unites Canadians, I'd be stumped. Plus, these guys (they appear to all be men) are a hoot.

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Movies that mine the news

BASED ON A TRUE STORY

Some films stick to facts, others play hard and loose

Richard Crouse
For Metro Canada

In 2010, thirty-three men spent sixty-nine days trapped underground in a copper-gold mine located near Copiapó, Chile. Their story became the inspiration for the new Antonio Banderas movie, The 33. HANDOUT

The movies have looked to the news for inspiration almost since the first time film was projected on screens.

As far back as 1899, a film called Major Wilson's Last Stand dramatized scenes from the First and Second Matabele Wars, including the death of Major Allan Wilson and his men in Rhodesia in 1893.

The trend of reel life emulating real life continues this weekend with The 33, an Antonio Banderas film based on a famous mining accident. In 2010, 33 men spent 69 days trapped underground in a copper-gold mine located near Copiapó, Chile when a rock the size of the Empire State Building blocked their exit.

"I can't think of a better story than this one to bring to the screen," says producer Mike Medavoy.

The trick is getting the story right. Director Patricia Riggins worked with the miners, Medavoy and screenwriters to create a story that, according to everyone involved, features more fact than fiction.

That isn't always the case.

According to IMDb the Jim Sturgess movie 21 calls itself a "fact based" story about a group of MIT students who used a complicated card-counting system to fleece Las Vegas casinos for millions of dollars.

The bare bones of the story are true — blackjack was played and MIT students counted cards — but Hollywood diverged from reality when casting the leads. In truth the main players were mainly Asian-Americans, including ringleader Jeff Ma who consulted on the movie.

Ma called the controversy surrounding the casting of Sturgess and Kevin Spacey "over-blown," adding "I would have been a lot more insulted if they had chosen someone who was Japanese or Korean, just to have an Asian playing me."

The Michael Bay film Pain & Gain is listed as an action-comedy and stars Mark Wahlberg, Dwayne Johnson and Anthony Mackie certainly play up the jokes. Everyone laughed, except for Marc Schiller, the real-life inspiration for the film's kidnap victim.

"It wasn't that funny when they tried to kill me," he said. "They did run me over with a car twice after trying to blow me up in the car. The way they tell it made it look like a comedy. You also gotta remember that not only I went through this, but certain people were killed, so making these guys look like nice guys is atrocious."

Last year's Oscar winner Whiplash saw Miles Teller as a young drummer driven to extremes by a fanatical music teacher played by J.K. Simmons.

The movie draws parallels to the famous story of Jo Jones and Charlie Parker. The legend goes that Jones threw a cymbal at Parker's head after a lackluster solo, prompting the sax player to go away, practice for a year and return as one of the greatest musicians of the 20th century. Trouble is, the story isn't true. A cymbal was let loose, but according to eyewitnesses it was dropped on the floor at Parker's feet and not at his head.

"Not attempted murder," wrote Richard Brody in the New York Times, "but rather musical snark."

How does Hollywood get away playing fast and loose with the facts? Black Mass director Scott Cooper says, "I don't think people come to narrative features for the facts, or for truth. I think you go to documentaries for that. What you do come to narrative features for is psychological truth, emotion and deep humanity."

MOVIE RATINGS by Richard Crouse

Love the Coopers ★★
Spotlight ★★★★
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Stanley Tucci stars as Boston lawyer Mitchell Garabedian, who fought to bring attention to abuse within the Catholic Church. HANDOUT

Spotlight tells 'such an important story': Tucci

INTERVIEW

Actor praises investigative journalism, Pope Francis

Matt Prigge
Metro | New York

Stanley Tucci made one of the great food movies (1996's Big Night) and has even written two cookbooks. But right now all he has time for is an organic protein bar. "This evening I'll have a martini. Don't worry," he assures us as he powers through a junket for Spotlight, which tells about the Boston Globe's Pulitzer-winning expose of the Catholic Church scandal in 2002.

Tucci doesn't play one of the reporters but Mitchell Garabedian, a cranky but dedicated attorney who fought for years, amidst untold frustration, to bring the abuse to light.

You're not playing one of the journalists here, but you have a history playing reporters on film, including Joe Gould's Secret and Winchell. It seems that, along with the scandal itself, that would be a big pull for you too.

(Journalists) really are quite heroic in what they do. And their ilk is disappearing. It's getting harder and harder to come by guys like that.

The long-form kind of journalism the Globe reporters practice in this film is going away as newspapers suffer through budget cuts.

It is, and nothing can take its place. John (Slattery, who plays managing editor Ben Bradlee Jr.) pointed out the other night that having cell phones and video taping things as they happen is really important. But that's just happenstance. It's not the same as someone taking the time and seeing something out and thinking, "I know there's something wrong here, or there's something right here, and I need to spend the time dissecting it."

That takes a lot of effort, a lot of resources, a lot of passion.

Of course there's what they reported itself, which even now hasn't been fully rectified.

It's such an important story. The fact that it was a systemic problem that has been going on for decades — for centuries — and the collusion between the perpetrators and the Catholic Church and other outside powers is so profound. They protected all the wrong people — the perpetrators — instead of protecting the children. They didn't try to stop the crimes or punish them. That is horrifying. That is absolutely horrifying, and unconscionable, and, let's say, it's un-Christian.

> **I hope the Church will keep changing and embracing the new societal changes that are crucial.**
> Stanley Tucci

I'm actually not sure what your history with the Catholic Church is.

I was raised Catholic, but I'm a lapsed Catholic for 40 years. Even when I was a kid I just didn't get it, to put it simply. This is in no way to besmirch people who are devout Catholics; it just wasn't for me. But the Catholic Church has done so much good for people over the centuries, and good is still being done. I think this new pope is extraordinary.

And I think people should in no way see this film as an indictment of the Catholic Church. There were simply a large number of people within the Catholic Church who failed to right systemic wrongs, which is anathema to everything the Church espouses. And it's an insult to the parishioners and to Catholicism as a whole. It's an insult.

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Director: Jesse Nelson
Starring: Olivia Wilde, Amanda Seyfried

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DRAMA/ROMANCE

By The Sea

Director: Angelina Jolie
Starring: Angelina Jolie, Brad Pitt

A married couple takes a vacation in France in the 1970s and find that their time in a sleepy seaside town, complete with a unique array of locals, strengthens their bond and reaffirms their marriage.

ROTTEN TOMATOES™ SCORE
Critics: 29% Audience: 86%

DRAMA

The 33

Director: Patricia Riggen
Starring: Antonio Banderas, Rodrigo Santoro

The true story of the 2010 collapse of a Chilean mine and the rescue of the 33 miners who were trapped underground for 69 days.

ROTTEN TOMATOES™ SCORE
Critics: 41% Audience: 91%

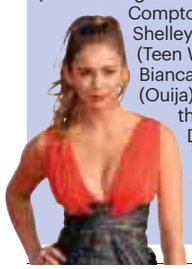
FILM BRIEF

Life could be a beach for actress Nina Dobrev

Who will run along the beach in a red swimsuit alongside Dwayne Johnson and Zac Efron in the movie remake of the famous Baywatch series? Deadline reports that Paramount Pictures has a shortlist of seven actresses, including Nina Dobrev.

Free from any contract ties since the spring, Dobrev the former Vampire Diaries star now has time to focus on the big screen.

But replacing Pamela Anderson in the role of the Malibu nymph will not be an easy task. The production has apparently also got its eye on Alexandra Daddario, (Percy Jackson), Ashley Benson (Pretty Little Liars), Alexandra Shipp (N.W.A Straight Outta Compton), Shelley Hennig (Teen Wolf), Bianca Santos (Ouija) and the singer Denyse Tontz.



AFP

THE TV DINNER JESSICA ALLEN

'I'm ready to be wooed,' Simon said, as I readied my blade. 'But I'm not ready to go to the hospital so please don't miss any bones.'

Angelina Jolie Pitt and her husband Brad want you to know that By the Sea, which opens in select theatres Friday, is an art film — perhaps to distinguish it from the commercial hit in which they first appeared on screen together 10 years ago, Mr. and Mrs. Smith. Yes, both movies are about a married couple with troubles. But no longer are they playing assassins hired to kill each other. This time, she's a former dancer, he's a writer suffering a block, and together, they've suffered through a traumatic event. They retreat to a seaside French hotel to brood, fight, cry, smoke, drink and spy on a honeymooning couple.

"I know some people are going to hate it," Jolie Pitt, who wrote, directed and stars in By the Sea, told the New York Times. "Some are going to like it. But it was important to me to feel like an artist again."

"The plan was to make something together, with complete autonomy," Pitt told V Magazine, "in the footsteps of Gena (Rowlands) and John (Cassavetes)."

Admirable, to be sure: but Rowlands and Cassavetes were never the most recognizable celebrities on Earth. Besides, whether you're making a movie — or making dinner — things rarely go according to plan. Initial reviews have been lukewarm. "There's no catharsis at the end from the journey taken," the Hollywood Reporter wrote, "just relief that it's over."

THE MOVIE: By the Sea

THE MEAL: Stuffed Sea Bream

I know the feeling: May, 2002, San Vito Lo Capo in Sicily. My boyfriend at the time and I spent three days and nights by the sea during the last legs of our eight-year-long relationship. I suspect that we both knew it was coming to a close but neither of us was brave enough to admit it.

There was no drama, no tears and only some brooding on my part: I read Treasure Island on our hotel's room little balcony at night under moonlight.

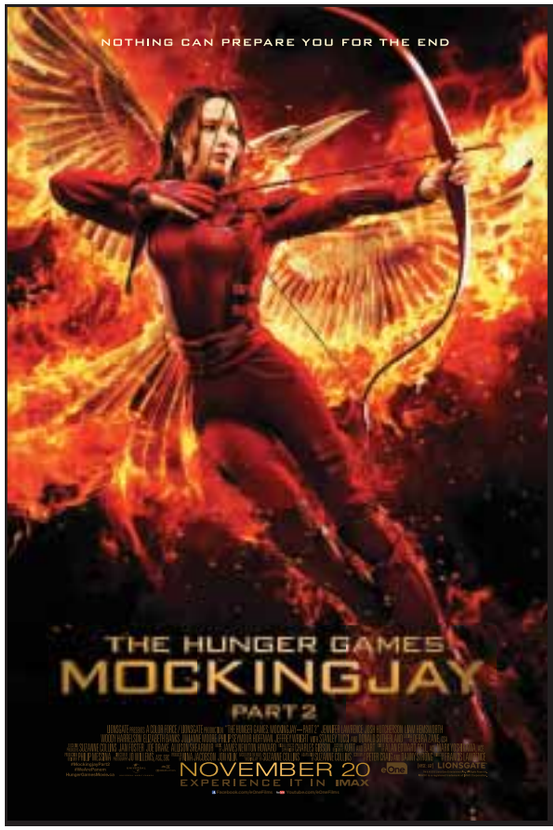
Besides the florescent blue of the sea, I also remember our meals at a local restaurant where for three nights we ate fish, make that a whole fish, which neither of us had dealt with before. Although I couldn't fix the relationship, or even identify what precisely went wrong, I took charge. "Give it here," I said, confidently cutting the head and tail off, gently pulling it open, like a rare book and removing the bones. By the third night, I'd mastered the task.

Deboning whole fish became a flirting device for me. When Simon and I were courting a decade ago, I'd order it on dates to woo him. Although it clearly worked, I've only done it once at home — until Sunday night when I picked up two sea breams, orata in Italian, stuffed them with parsley, dill and lemon slices, covered them in olive oil and salt, and slapped them on the grill.

"I'm ready to be wooed," Simon said, as I readied my blade. "But I'm not ready to go to the hospital so please don't miss any bones."

While I decapitated the fish, we argued over what Cassavetes film to watch. Years ago, Simon used the art house director to woo me. He wanted to watch Minnie and Moskowitz. Me? A Woman Under the Influence. We split it down the middle and decided on The Birdcage.

Jessica Allen is the digital correspondent on CTV's The Social.



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Double trouble: Partners on and off the screen

Angelina Jolie directed her husband Brad Pitt in her new film By the Sea. It's being compared to Gigli, the 2003 Ben Affleck-Jennifer Lopez flick that many critics called the Worst. Movie. Ever. But directing your significant other isn't always a recipe for cinematic catastrophe. TORSTAR NEWS SERVICE

PHOTOS : HANDOUT, TORSTAR NEWS SERVICE, THE CANADIAN PRESS

FARGO

Joel Coen + Frances McDormand

McDormand won an Academy Award for her performance in Fargo (1996). She and Coen met when she auditioned for Blood Simple in 1983 and married the next year. At the Rome Film Festival in October, reporters asked McDormand for the secret to a lasting relationship. "I think it's having different stories to tell each other," she said.

KNOCKED UP

Judd Apatow + Leslie Mann

Leslie Mann plays Paul Rudd's wife in Knocked Up (2007) and This Is 40 (2012). The director told Good Morning America he felt "uncomfortable" watching his wife and Rudd... get into character. "I keep saying, 'Why do I keep writing sex scenes for Paul Rudd and my wife?'"

THE FOUNTAIN

Darren Aronofsky + Rachel Weisz

The director and Cambridge-educated actress announced their engagement in 2005. They had a son but never wed. In 2010, they split after nine years together. Their film The Fountain (2006) divided critics.

HUSBANDS AND WIVES

Woody Allen + Mia Farrow

While shooting Husbands and Wives (1992), Farrow discovered that Allen was having an affair with her adopted daughter, Soon-Yi Previn. It took him a few days to convince Farrow to come back to work. Before their split, Farrow and Allen worked on 13 films together.

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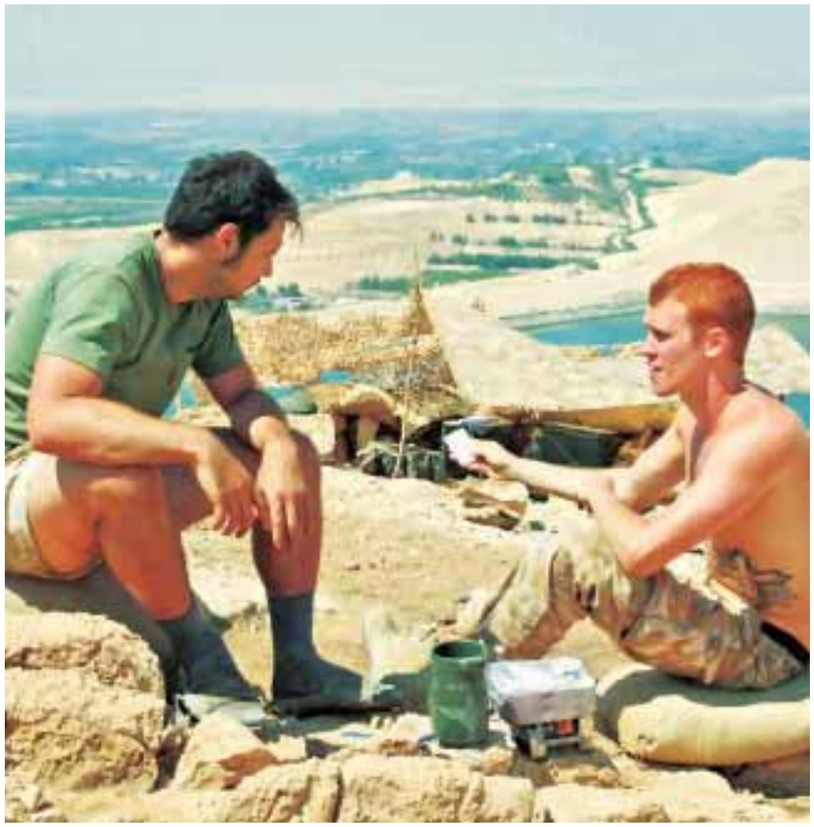

Paul ' Tug' Hartley, a U.K. army medic who is depicted in Kilo Two Bravo, said the film is "99 per cent accurate." HANDOUT

Afghanistan war in graphic detail

AFGHANISTAN MISSION

UK soldier says film accurately retells his platoon's story

Steve Gow
For Metro Canada

You may have removed the Remembrance Day poppy from your lapel for another year but that doesn't mean you can't still honour the sacrifice of our war veterans.

"Whether you're Canadian or British, society doesn't pay enough attention," said former U.K. army medic Paul 'Tug' Hartley, whose life-saving actions are the basis of the acclaimed new film Kilo Two Bravo. "You see on the news a British soldier got killed (and then) they carry on. This film will give people insight into five hours of someone's life. That's all it was but look how impactful it is."

A vivid adaptation about a small company of commandos who suddenly find themselves trying to escape a valley loaded with live land mines, Kilo Two Bravo isn't just (as Hartley describes) one of the "million stories they could have told" about the war in Afghanistan, it's the kind of nail-biting thriller that exhibits the true solidarity of soldiers.

"I remember saying I'm happy to sign up for this so long as you tell our story," recalled Hartley, who originally feared filmmakers would exploit the harrowing tale. "It's not a war movie. It's a movie about adversity and heroism. This could've happened in a car crash; it's just about a bunch of people who come together and do what they did."

But for the actor who recreates Hartley's acts of medical heroism on-screen, the real life situation is not to be understated. In fact, even just pretending to be there was a stressful experience.

"The whole shoot was very intense — six days a week, 15 hours a day in 55-degree heat. All of those conditions affect you psychologically," admitted Game of Thrones star Mark Stanley of the chronologically-shot drama. "Was there time to decompress? I don't think so. I think we probably just drank too much on our days off."

Hartley doesn't diminish the actors' difficult job either. Having seen the film several times now, he insists that moviegoers are certainly in for an authentic experience.

"It's 99 per cent accurate," said Hartley. "The only way you were going to get that extra one per cent is if you had been there and bled with us."

> **It's a movie about adversity and heroism.**
> Former soldier Paul Hartley

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Red cabbage is definitely the most impressive-looking variation of the cabbage family. The smaller pieces to the left are just right for braised cabbage or could be chopped even more finely to make a coleslaw. The larger pieces at right could be cut into slices 2.5 cm thick to roast or be roasted as is. THE CANADIAN PRESS/HANDOUT

Cabbage: The comeback kid of the veggie family

KITCHEN IDEAS

Nutrient-dense leaves can be enjoyed in plenty of ways

Cabbage is not really one of the "cool" vegetables.

A whole cabbage can be huge and intimidating. It's hard to chop into small pieces and harder yet to peel leaf by leaf. Once you've made coleslaw, cabbage rolls or maybe sauerkraut, what do you do with it?

And if you don't cook it properly, it can smell up the joint.

Despite this, cabbage is experiencing "a nice little resurgence," says Brian Faulkner, vice-president of sales and marketing for BCfresh, the largest produce marketing agency in British Columbia.

"It's quite a nutritional food," he says, listing why he's a fan. "It's cheap. And a head of cabbage goes a long way."

There's also a renewed interest in canning and an increase in those who want to ferment their own foods.

"People are going back to cole crops (members of the mustard family including broccoli, brussels sprouts, cabbage, cauliflower and kale) because of their high nutritional value and because they are relatively inexpensive for the amount of nutritional value you get out of them, and people are going back to the roots, not so much of their parents, but their grandparents."

In addition, the "eat local" and "eat seasonal" movements make cabbage a good choice. It is grown in most provinces in Canada, says Agriculture and Agri-Food Canada, and because it stores so well it is readily available pretty much year-round.

The other main types grown are Savoy, with dark green, crinkly leaves and a mild taste; Taiwanese cabbage, which is light green but has a flat head, with a sweet, mild taste and crispy texture; and napa or Chinese cabbage, with a pale, crinkled, light green leaf and a white core. It is the mildest tasting.

"The different varieties of cabbage are pretty much interchangeable," says Faulkner, although there are distinctions in terms of texture, visual impact and ease of use. Two of his favourite ways to prepare cabbage are braising and roasting. He prefers green or red cabbage for those purposes.

THE CANADIAN PRESS

RECIPE

Beef and cabbage buns

- Beef pot roast, such as cross rib, blade or brisket (1.25 to 1.5 kg/2 1/2 to 3 lb)
- Salt and pepper, to taste
- 30 ml (2 Tbsp) vegetable oil
- 250 ml (1 cup) sodium-reduced soy sauce
- 125 ml (1/2 cup) each hoisin sauce and packed brown sugar
- 50 ml (1/4 cup) sherry or apple juice
- 15 ml (1 Tbsp) each minced garlic and fresh ginger
- 2 onions, thinly sliced
- Half head cabbage, thinly sliced (about 1 l/4 cups)
- 15 ml (1 Tbsp) cornstarch
- 2 pkgs (340 g) refrigerated country biscuit dough
- 1 egg, lightly beaten
- Black sesame seeds

1. Pat roast dry; season with salt and pepper. In a large Dutch oven, heat oil over medium-high heat. Add roast and brown well, turning to brown all over, about 15 minutes. Remove roast to platter. Discard fat.

2. Add 250 ml water to pan; cook over medium-high heat to loosen any brown bits. Add soy sauce, hoisin sauce, brown sugar, sherry, garlic and ginger; bring to a boil. Reduce heat to medium-low; return roast to Dutch oven. Cover and cook, turning occasionally, for 1 1/2 hours.

3. Turn roast over. Add onions and cabbage to Dutch oven; simmer until meat is very tender, about 1 hour. Using slotted spoon, remove roast and vegetables to a platter and tent with foil.

4. Measure 500 ml liquid and strain into a saucepan. Discard remaining liquid. Whisk cornstarch with 50 ml cold water; whisk into saucepan and cook over medium-high heat, stirring, until thickened, about 4 minutes.

5. Using a fork, shred cooled beef into fine strips. Toss with sauce, cabbage and onions. Divide mixture in half; reserve half for buns.

6. Preheat oven to 230 C. On a lightly floured surface, roll or pat dough into 10-cm (4-inch) circles. For each bun, place 1 Tbsp of filling in dough circle. Moisten dough with water, bring dough around filling and pinch seam to seal. Arrange buns, seam side down, on 2 parchment paper-lined rimmed baking sheets.

7. In a small bowl, combine egg and 1 Tbsp water; brush over buns. Sprinkle with sesame seeds.

8. Bake until golden brown, about 12 minutes.

Makes 20 buns and 1 pot roast meal for 4.

SOURCE: FOODLAND ONTARIO

Asian-style beef and cabbage buns can complement soup or salad for a hearty lunch. THE CANADIAN PRESS/HANDOUT

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Your essential daily news

Seoul district to erect 'Gangnam Style' statue

Deep into Guatemala's emerald forest

TIKAL

Hike reveals ancient sites and curious creatures

Aurélie Resch
For Metro Canada

It all starts with a warning sign at the entrance. Located near a pond, it warns of the presence of crocodiles and tells visitors to keep away from the water. You are also advised that snakes, insects and animals hide in the forest and that it is preferable to stay on the path.

My Guatemalan guide picks a spider out of a hole on the ground, gently placing it in my hand. "She is not hungry. You're OK," he tells me as I look at the fat, fuzzy tarantula sitting in my palm. I totally forget about the "OK" part as soon as the tarantula starts to walk her way along my arm.

I squirm and throw the poor thing onto a fellow journalist's shoulder. She starts to scream. Strange encounters abound in the archeological site of Tikal, Guatemala, enough to fill anyone's lust for adventure.

Visiting Tikal is like entering a lost world enveloped by a lush emerald forest. The trees and bushes create a gigantic web of green, with intertwining leaves, roots and branches. It is estimated the Guatemalan jungle hides 4,000 Mayan structures, all dating back to the eighth century.

The ruins of a temple in the jungles of Tikal. Above: The Lost World complex. PHOTOS BY AURÉLIE RESCH/FOR METRO

STAR WARS
George Lucas used Tikal as one of the settings for the rebel base Yavin 4 in 1977's Star Wars: Episode IV A New Hope.

The humidity (it's 35 C) makes the uphill hike a bit of a challenge. Walking toward the pre-Columbian pyramids the quiet solitude is broken by some sudden loud shrieks.

The howler monkeys sitting at the top of the trees, and swinging from one branch to another, are just greeting us as we enter the site. (We actually feel lucky since they aren't throwing their excrement at us, something they have been known to do). A bit further down we run into a dozen coatis — Central American raccoons — playing near the path.

In Tikal, I marvel at the acoustics of the Plaza of the Seven Temples, clapping my hands and listening to it echo off the walls of the structures. I am in awe at the two main sets of pyramids: the Lost World and the Great Plaza.

The former is the most ancient group of pyramids on the site and features 30 temples and pyramids built along astronomical alignments to solstices, equinoxes and certain important stars.

After climbing up one of the pyramids — some of them are 60 metres high — I take some time to enjoy the stunning view. The tops of temples emerge from the emerald jungle, birds fly out of the ceiba trees, and other visitors to the site look like ants scurrying around the base of the pyramid far below.

It's easy to feel like you have been transported back to the days of the Mayans.

GETTING THERE

The National Park of Tikal is located in northern Guatemala in the Peten province. There are two airlines flying to Isla de Flores. At its Mundo Maya airport, you can contact a tour operator that can offer you transportation with a guide.

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Wiffinity is free for iOS and Android. CONTRIBUTED

SCUBA essential
With all the diving gear out there, the top must-have is a Divers Alert Network membership. This safety group provides dive-accident insurance, medical information resources and educational programs for newbies and veterans. The safety net includes emergency assistance in the form of ambulances and hyperbaric chamber treatment. Visit DiversAlertNetwork.org.

Dive with a DAN membership. CONTRIBUTED

Road to Downton
With The British Royale, a one-time-only, 10-day itinerary slated for next August, Insight Vacations is offering a glimpse into British high society. Forty guests will hit haute restaurants and private clubs around London and Edinburgh, hop on the Royal Yacht Britannia and tour the real Downton Abbey — upstairs and down. Act fast. Visit InsightVacations.com.
DOUG WALLACE

Highclere Castle in Hampshire. CONTRIBUTED

3 AIRBNB PROPERTIES WHERE THE FORCE RUNS STRONG

From an off-grid earthship carved into the desert of New Mexico to earth domes in California reminiscent of the planet Tatooine, Airbnb has collected Star Wars-inspired properties across its network that are located in a galaxy that's actually not so far away. **AFP**

1 Joshua Tree, California

Perhaps the most similar in likeness to Luke Skywalker's home planet Tatooine and the Lars homestead, the terracotta-coloured **Sleep Pod Earth Domes** are set in the California desert and can sleep families of up to four. Dome walks are built using Earthbag technology that keep buildings cool in the summer and warm in winter.

2 Taos, New Mexico

For Star Wars fans who are also lovers of the earth, the **Brand New Studio Earthship** is a secluded, self-powered retreat in the New Mexico desert. The property is completely off-grid, catching its own rainwater and generating its own electricity thanks to solar panels. Moreover, thanks to being carved out of the New Mexico desert, the property also recalls Skywalker's home planet.

3 Khao Yai, Thailand

An aerial view of the **Modern Green Circular Dome** suggests a more illustrious past for the resort, as though it crash-landed in the middle of a Thai jungle forest and stayed. Like spokes on a wheel, individual, spherical pods jut out from a circular walkway and are covered with jungle overgrowth. Pods are clean and bright, furnished with beds, full bathrooms, TVs, communal dining room and pool.

TOP: HANDOUT; BOTTOM: AIRBNB, INC.

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May your budget be friendly

Todd Lewys

Christmas: there's no other time of year like it.

For some, it is the most wonderful time of the year. But for many, it's the most financially stressful time of the year due to a tendency to overspend on Christmas gifts for — literally — everyone lining the family tree and mingling in the social circle. As the 2014 BMO Holiday Spending Outlook report showed, the average Canadian planned to spend more than $1,500 on the holidays, with $551 of that on gifts alone. History also shows that Christmas 'tis the season of debt: 28 per cent of the survey's respondents took on an average of $963 in holiday debt.

Here are some tips on how to keep your spending under control during the holiday season:

1 Make a list
Determine exactly who you'll be giving to. You can't give to everyone, so think of family and friends first, and maybe leave co-workers or acquaintances off the list – or just give them a gift that costs under $10.

2 Set a budget
This is where you have to be realistic. If you're a student, living on a limited income or simply aren't rich, budget accordingly. If that budget comes out to $250 or $500, buy gifts for those most important to you within the financial parameters you've set out.

3 Avoid impulse buys
No question, impulse purchases can be hard to resist. This is where discipline comes in. Know what you want to purchase for each recipient on your list, and then stay within your budget, which might entail spending $500 for 10 people, an average of $50 per person. If giving to a family, perhaps buy them one gift rather than several to stay within your spending limit.

4 Get Googling
Try Googling "promo code ___" before taking your online cart through the checkout and you can often save a huge amount off of the original price or at the very least snag free shipping," says Kyle Prevost, co-author of the blog youngandthrifty.ca.

5 Do it yourself
If you're good at knitting, painting or photography, put those talents to use at Christmastime. Knit your nephew a cool toque, paint a serene lake scene for your aunt or frame a great wildlife photo you snapped that your best friend can hang in his den. Such gifts don't cost much to produce (time being your major investment), and people will appreciate the thought and effort that went into the gift.

6 Consider a gift card
This is a strategy that can pay off on two fronts. First, buying gift cards in $25 or $50 denominations makes it easier to stay within a defined budget. Second, it will allow the recipient to put the money toward an item that they truly want, rather than having to take the time to return argyle socks or a cheesy tie to recoup the cash.

The holiday season doesn't necessarily need to be expensive. Proper planning and bargain hunting can ensure your bank account has a happy holiday, as well. GETTY IMAGES

7 Give Yourself
Think homemade gift cards giving your time in the form of free babysitting, cooking a meal or weeding the garden. "If the job market hasn't been especially kind to you lately and you are blessed with more time than money, providing a much needed helping hand can be one of the most thoughtful and treasured gifts you can give," notes Prevost.

8 Team up
That way you could collectively spring for larger items that wouldn't normally fit in your budget, says Anne Keery, the blogger behind uniquegifter.com. You get to spend less, but gift big.

9 It's not the amount spent, but the thought that counts
Reality is, a gift doesn't have to be lavish to be appreciated. Put in the time and thought, and mom will appreciate a beautiful acrylic sweater just as much as she would an expensive cashmere pullover.

Heed these tips, and you'll be able to give great Christmas gifts to those dearest to you without going into deep debt.

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Fine-tune your holiday decor

Andrea Janus

The holidays are almost upon us, and it's about that time to drag the decorations out of the attic and start making the house look a little more festive.

But to avoid going full-on Clark Griswold with lights that will strain the local power station and more kitschy bric-a-brac than a dollar store, consider these tips from interior designer William MacDonald of WillMac Design.

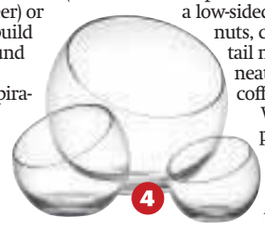
First things first. "Don't go overboard," he says. "If you think you have too much, you do."

Many people make the mistake of overloading one room: piling up the sideboard, mantelpiece and end tables with decorations.

"Spread the love around the house," MacDonald advises. Even if you're decorating from the same box of ornaments you've had for decades, spread those tchotchkes around the house, including the powder room or the front hall.

The best way to avoid going overboard, though, is to pick a theme, which could be a motif (snowflakes or reindeer) or a colour, then build your decor around that.

Look for inspiration anywhere, even months before Christmas on your summer holiday.



MacDonald found a starfish on the East Coast one year, and the following Christmas the star was his holiday motif. Once you decide on a theme, it isn't necessary to spend a lot of money, MacDonald says. A local park or wooded area, and even the grocery store, are great places to start.

Filling large decorative bowls, or even large serving bowls or soup terrines, with seasonal fruits (pomegranates or clementines, for example), nuts, or pine cones and branches that you've sprayed with silver or gold paint is an easy way to get a cozy seasonal look without breaking the bank.

"I'm a strong believer in going to your fridge first," MacDonald says.

Otherwise, invest in a good-quality artificial garland to keep in your holiday kit that you can use year after year. Drape it over the mantel, along a staircase or down the middle of your holiday table.

Every year you can accessorize it differently based on your chosen theme, MacDonald says.

Party Prep

Once the house is decorated and you're ready to entertain, MacDonald advises bringing in some key items that you will likely reuse throughout the year.

A bar cart will always come in handy during the holidays for smaller parties, and makes for easy entertaining year-round.

But for a larger guest list, use a sideboard or rent a large table and set out all the fixings, MacDonald recommends.

And always be prepared for surprise visitors by having a low-sided basket full of nuts, candies and cocktail napkins underneath or inside the coffee table.

When friends pop by unexpectedly for a holiday libation, "You just bring that up and put it in on the coffee table and say, 'let me get you a glass of wine,'" MacDonald says.

"Just like you were expecting them to pop by." And always have another basket of toiletries and a set of towels and linens ready for visitors who may not be ready to leave until the next morning.

1 Gold berry wreath, $29, Walmart, walmart.ca.
2 Wood reindeer vase, tall, $39.95, Chapters and Indigo stores, chapters.indigo.ca.
3 Gold and ivory animal silhouette pillow, $39.50, Chapters and Indigo stores, chapters.indigo.ca.
4 Tilt bowls, sml: $14.96, med: $16.95 and lrg: $69.95, Crate and Barrel, crateandbarrel.com.
5 Washed jewel tone votive cup, $19 each, Pottery Barn, potterybarn.com.
6 Terrace bar cart, $479, West Elm, westelm.com.
7 Barware set, $19.96, Walmart, walmart.ca.

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The War Amps help Elizabeth stay in tune

Being born a left-arm amputee hasn't stopped nine-year-old Elizabeth of Winnipeg from living a full and active life.

Elizabeth enjoys music, particularly playing the guitar. Thanks to support from The War Amps Child Amputee (CHAMP) Program, she received a specially-made device that allows her to hold a guitar pick.

Elizabeth's parents say playing the guitar makes her happy.

"We are so proud of Elizabeth's positive attitude and ability to overcome obstacles. She is making the most of her talent and showing us that anything is possible," says her mom, Christine.

The War Amps encourages Champs to develop a positive attitude towards their amputation and live to their full potential. With the public's support of the Key Tag and Address Label Service, young amputees like Elizabeth obtain the tools they need to enjoy their favourite activities.

Elizabeth with her guitar device. CONTRIBUTED

In-school program changing many lives

Rob Wozny started volunteering with Big Brothers Big Sisters 15 years ago as an in-school mentor because the time commitment worked with his busy schedule. He runs two businesses, and chose the In-School Mentoring (ISM) program because he had flexibility during the day.

The ISM program provides girls and boys with role models and friends to talk to and share their experiences of growing up. For one hour a week, mentors meet with their mentee on school grounds and engage in fun sports and activities.

"I consider myself blessed, and wanted to give back to my community," Wozny says. "I wanted to see a real impact. And I have seen tremendous improvements in the well-being of the Littles, and how they interact with their teachers, classmates and families. It's tremendously rewarding."

Rob Wozny CONTRIBUTED

It doesn't happen overnight, though.

"This isn't a volunteer endeavour you can do once or twice. It takes time to make a difference."

The best part for Wozny is being a kid again and having fun.

"It's a welcome escape from the normal stresses of adult life."

With more than 100 kids waiting for mentors, and 80 per cent of them boys, Wozny adds that, while he knows BBBS Winnipeg has a tough time recruiting men, he can't understand why.

"I scratch my head at that, because it's fun."

Become a mentor. Visit www.bigwinnipeg.com.

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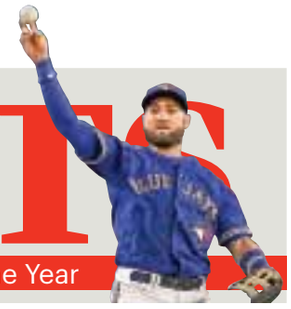


Blue Jays' Kevin Pillar, who finished second for the Gold Glove, was named the Wilson Defensive Player of the Year

Letourneau on Rousey card

UFC

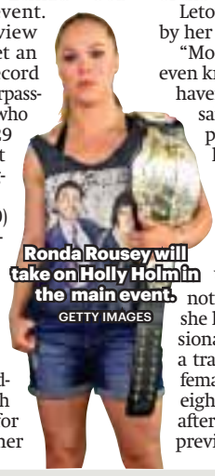
Quebecer eyes big chance amid Rousey-mania Down Under

After carving open Jessica Penne's face in June, UFC strawweight champion Joanna Jedrzejczyk climbed the Octagon fence, looked at the camera and asked "Who's next?"

Canadian Valerie (Trouble) Letourneau answered the call.

On Saturday, the 115-pounder from Montreal enters the cage a 20-1 underdog against the hard-hitting Polish title-holder in the co-main event of UFC 193 in Melbourne, Australia.

(Rowdy) Ronda Rousey defends her bantamweight (135-pound) crown against former champion boxer Holly Holm in the Etihad Stadium main event. The pay-per-view show could set an attendance record for the UFC, surpassing the 55,724 who took in UFC 129 in April 2011 at Toronto's Rogers Centre.



Ronda Rousey will take on Holly Holm in the main event. GETTY IMAGES

Rousey (12-0) is also a 20-1 favourite to dispatch Holm (9-0), who is ranked seventh among bantamweight contenders. It's the sixth title defence for Rousey, a former Olympic judo bronze medallist who has become the face of the UFC.

Letourneau (8-3) is unfazed by her heavy underdog status.

"Most of the people won't even know who I am and (also) haven't seen my fights," she said. "I always feel like the public doesn't see fights like the fighters look at it.

"I'm not so surprised but I feel like I have the respect of Joanna. She knows what I'm capable of."

While Letourneau may not be a household name, she has been fighting professionally since 2007 and was a trailblazer among Quebec female fighters. She is ranked eighth among strawweights after winning all three of her previous UFC bouts.

> **Finally the hard work is paying off.**
> Valerie Letourneau on getting her title shot

"Finally the hard work paid off," she said after getting the title bid.

Some might say be careful what you wish for when it comes to fighting Jedrzejczyk, a former Muay Thai champion with world-class striking. After less than three rounds with the champion, a bloody Penne looked like someone had taken a box-cutter to her face.

Jedrzejczyk (10-0) registered 126 significant strikes to Penne's 25. When she dethroned inaugural champion Carla Esparza at UFC 185 in March, she held a 53-4 edge.

The predatory Polish fighter also stuffed 27 of 28 takedown attempts in those two fights.

Still the 32-year-old Letourneau says her preparations have been ideal and that she feels no more pressure than any other fight. Letourneau is coming off an upset decision win over Maryna (Iron Lady) Moroz in August in Saskatoon.

The Australian stadium show originally was to have featured welterweight champion (Ruthless) Robbie Lawler and Carlos (The Natural Born Killer) Condit. The UFC shifted Rousey-Holm to the main event when Lawler was injured. The Melbourne card actually takes place Sunday in Australia but will air live Saturday night in North America.

THE CANADIAN PRESS

MLB IN BRIEF

Mariners acquire reliever Benoit from San Diego for two minor leaguers

Mariners general manager Jerry Dipoto is wasting little time in addressing one of his team's most glaring needs.

Seattle added options to its bullpen Thursday, acquiring 38-year-old right-hander Joaquin Benoit from the San Diego Padres for two minor league prospects — right-handed pitcher Enyel De Los Santos and infielder Nelson Ward. Dipoto saw Benoit pitch live in September. He raved about his change-up and was impressed with his ability to still throw in the mid-90s by season's end. Benoit was 6-5 with a 2.34 ERA in 67 appearances last season for San Diego. Opponents hit just .159 against Benoit.

THE ASSOCIATED PRESS

Donaldson caps season with Silver Slugger award

Josh Donaldson's super season for the Toronto Blue Jays has landed him a Silver Slugger award, Major League Baseball has announced. One award was announced Thursday for the best offensive performer at each position in each of the two leagues.

Donaldson, who led the Jays with 41 home runs and the American League with 122 runs and 123 RBIs, won the AL's award for third base.

METRO

Josh Donaldson GETTY IMAGES

NHL JETS AIM TO TAKE DOWN CENTRAL-LEADING STARS Winnipeg Jets defenceman Dustin Byfuglien, centre, prepares to clear a puck as the Dallas Stars' Jamie Benn, right, watches in the first period on Thursday. For the result of the game, visit metronews.ca. TONY GUTIERREZ/THE ASSOCIATED PRESS

WADA DOPING REPORT

Russia rules out Olympic boycott

With an Olympic boycott ruled out, Russia is planning to at least partially admit it has a doping problem. Russian Sports Minister Vitaly Mutko said on Thursday that there will "not in any case" be a boycott of next year's Olympics in Rio de Janeiro.

In a separate interview, the acting president of the Russian track federation told the AP he is ready to own up to some of the charges levelled in the World Anti-Doping Agency commission's report on doping in the country. "We admit some things, we argue with some things," said Vadim Zelichenok.

The governing body of track and field is expected to rule Friday on whether to suspend Russia from competition because of the doping scandal. If Russia is banned, the country's track and field team could be excluded from next year's Olympics.

Monday's damning report by the WADA commission recommended that the Russian track federation be suspended, saying its athletes and officials were involved in "extensive" use of performance-enhancing drugs, obstructed doping tests and helped to cover up drug use.

Even if Russia's track and field team is banned, Mutko told the AP that the country has no intention of boycotting the Olympics.

"Russia is against a boycott. Russia is against political interference in sport," Mutko said.

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CFL AWARDS

Redblacks' big year leads to player, coaching nominations

There was a double nod to the Ottawa Redblacks as coach Rick Campbell and quarterback Henry Burris were named shortlisted for the CFL's end-of-year awards.

Campbell and Chris Jones of the Edmonton Eskimos are the finalists for the CFL's coach of the year award.

Jones led the Eskimos to a 14-4 record — tied with Calgary for the best in the CFL — to finish atop the West Division after beating the Stampeders in two of three regular-season meetings.

Ottawa (12-6) finished first in the East in its second year under Campbell after posting just two victories in its inaugural CFL campaign.

This year's top coach format is a change for the league.

Traditionally three finalists were named and the winner was honoured well after the Grey Cup game. Now the top coach will be unveiled with the other awards during Grey Cup week. The CFL has also secured a partnership with AGF, a Canadian-based investment management firm, to sponsor the coach-of-the-year award.

481

Ottawa QB Henry Burris's record number of completions

Burris and Bo Levi Mitchell of the Calgary Stampeders are the finalists for the CFL's outstanding player award.

Burris was instrumental in leading Ottawa to a first-place finish in the East, registering a CFL-record 481 completions and league-high 5,693 passing yards. Levi Mitchell, the MVP of last year's Grey Cup game, was second overall in passing (4,551) as Calgary (14-4) finished second in the West Division standings.

The other nominees include: linebackers Adam Bighill of the B.C. Lions and Simoni Lawrence of the Hamilton Tiger-Cats (defensive player); Winnipeg Blue Bombers defensive lineman Jamaal Westerman and Ottawa Redblacks receiver Brad Sinopoli (Canadian); B.C.'s Jovan Olafioye and Ottawa's SirVincent Rogers (lineman); Calgary Stampeders kicker Rene Paredes and Hamilton kick-returner Brandon Banks (special-teams); and receivers Derel Walker of the Edmonton Eskimos and Vidal Hazelton of the Toronto Argonauts (rookie).

THE CANADIAN PRESS

Ottawa Redblacks coach Rick Campbell has been nominated for CFL coach of the year. GETTY IMAGES

Dustin Byfuglien's contract situation is still unresolved. THE CANADIAN PRESS FILE

Winnipeg's time to turn on the Jets

VIEW FROM THE 300S

Andrew 'Hustler' Paterson

If the Winnipeg Jets are going to return to the Stanley cup playoffs this year, it will be the result of surviving an 82-game dogfight in the toughest division in hockey.

It took all of 99 points last year for the Jets to be a playoff team and grab fifth spot in the Central and the final wild card spot in the Western conference. Arguably the biggest factor in that achievement was a 16-8-5 record in the division, good for 37 points and second best in the division.

With the length of the NHL schedule, one wouldn't think a two-week span in November could be make or break a team, or even be "season-defining", but this could very well be the case as the Jets make their first trip through the Central this week.

With the NHL's ridiculous point distribution system, making up ground on teams above in the standings is incredibly difficult. Statistics tell us that more than 80 per cent of teams in the playoffs by the U.S. Thanksgiving weekend make the playoffs. Considering this and their recent play, the will Jets need to show an improved sense of commitment to defence and urgency in their game as they continue on to Dallas, Nashville and St. Louis to take on three of the NHL's best teams.

The Jets started their four-game trip through the division with a dud in St. Paul Tuesday. A four-goal outburst in the second period by the Minnesota Wild put the game out of reach and chased Ondrej Pavelec from the net.

The defensive lapses incensed Paul Maurice who was visibly agitated at his players on the bench and quiet after the game. The final score of 5-3 flattered the visitors. On to Texas.

99

That's how many points the Winnipeg Jets needed last season to make the playoffs.

So Thursday, the Jets were back at it against the first place Dallas Stars. Dallas had a terrible start last season and spent the final months desperately, and ultimately unsuccessfully, chasing the rest of the Central teams.

A bounceback win for the Jets would put them right back in the pack. A loss would mean heading into Nashville and St Louis with one point in four games and staring down two more of the NHL's best teams.

Compounding all of this are the unresolved contract situations for Andrew Ladd and Dustin Byfuglien. A slide down the standings over the next few weeks could impact the decisions GM Kevin Cheveldayoff has on his hands in regards to two of his star players.

The NHL's Central division was the best in hockey last year and might actually be even better this season. The Jets need points on the road this week or could find themselves in a precarious position going into December.

RECIPE
Avocado Egg Salad Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The addition of avocado is a creamy and nutritious twist on your usual egg salad.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes
Makes: 2 or 3 sandwiches, depending how big you like your sandwiches.

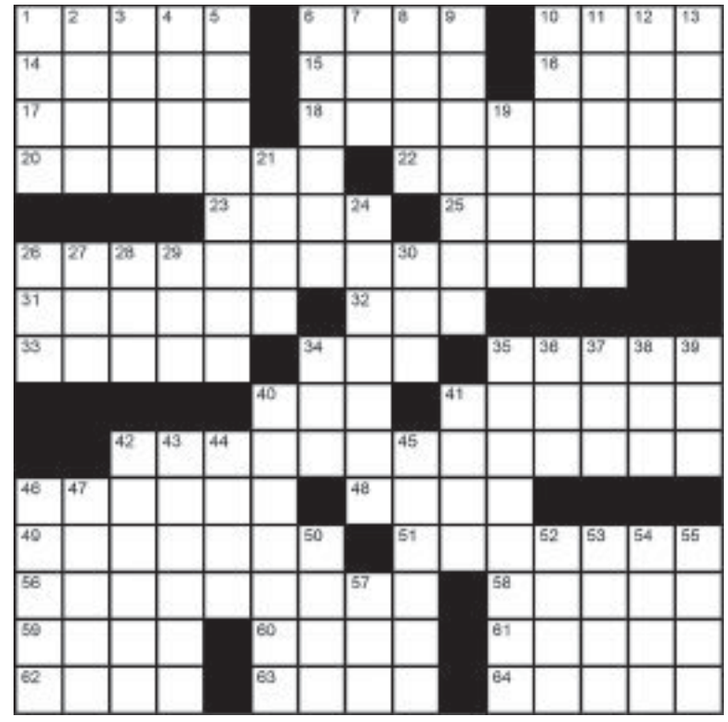
Ingredients
- 3 hard boiled eggs
- 2 avocados, pitted
- 1 Tbsp Greek yogurt
- 1 tsp lemon juice
- 2 Tbsp chives, chopped fine
- 1/4 tsp Dijon mustard
- Salt and pepper to taste
- 4 to 6 slices whole grain bread

Directions
1. Egg boiling trick: place eggs in cold water and put pot over medium high heat. Bring the water to a boil, place a lid on pot, take off the heat and set your timer to 12 minutes.
2. Rinse the eggs under cold water to cool them down enough to peel. Remove the shells. Roughly chop the boiled eggs.
3. In a large bowl, mash your ripe avocados, breaking them down into chunks. Add the chopped eggs, lemon juice, chives, Dijon and give it all a good mix. Salt and pepper to taste.
4. Spread your mixture on sandwich bread and add anything else you like — tomatoes, lettuce, sliced cucumber.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD
Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Flavouring in Greek aperitif Ouzo
6. Shake off
10. Flippant
14. Jesters
15. Auth. unknown
16. Cheese variety
17. House's loft area
18. Where there is a tradition in Ontario of having a motorcycle rally: 2 wds. (More at #42-Across!)
20. Adjust again
22. Ancient three-levels-of-oars Mediterranean ship
23. Winnie-the-Who?
25. Admission
26. Finely-fitted or furnished
31. Bypasses
32. Word: French
33. "Beau _" (1939) starring Gary Cooper
34. Big load, variantly
35. Ada's love in "Cold Mountain" (2003)
40. Grass appendage
41. Paradise
42. #18-Across' biker event takes place each _ _ _ (Superstition!)
46. Nike logo
48. Shakespeare... The Tragedy of Othello, the _ of Venice
49. Collaborator
51. Not deep
56. Big bird of the sea
58. Greyish-brown
59. "SCTV" bit
60. Duellist's need
61. Acclamation
62. Built
63. Meadow's morning moisturizers
64. Some computers

DOWN
1. Way off in the distance, posh-style
2. Memo
3. 9th Greek alphabet letter
4. Dropped in standings
5. Fun adventure
6. Electronics store purchase
7. Religious song: "Lead _, _ King Eternal"
8. Variety
9. Signed-up competitor
10. Sensation felt skyrocketing in space
11. Made the riverbanks resistant to rising waters
12. Articles
13. Unmasks
19. Word meanings reference book, briefly
21. Bursts the balloons
24. Same-sounding word as another word, but with a different meaning (Two vs. Too)
26. Fido's flick of the tail
27. Nightfall
28. _ Angeles
29. Candle with a flame status
30. 'Opt' suffix
34. Former plane letters
35. Emphasized an important point
36. Place atop the Billboard chart, _. _
37. Music file format
38. Small island
39. Thumbs-down utterance
40. Stuck to the rules
41. "Here comes trouble!"
42. Prohibit
43. Go around
44. "_ It Romantic" by Ella Fitzgerald
45. Shuffles the garden salad
46. Muscle cramp
47. _-_-thon (Fund-raising event)
50. Anchor's attachment
52. Needlework creation
53. Period of calmness
54. Iridescent gem
55. Soaks
57. Hem pants, for instance

IT'S ALL IN THE STARS
by Sally Brompton

Aries March 21 - April 20
You are hugely ambitious and you don't mind when the pressure is on — in fact you thrive on it. What happens next will give you the opportunity to prove yourself. Be amazing.

Taurus April 21 - May 21
No matter how many times you've failed in the past you'll make up for it simply because you believe in yourself and refuse to give up. Your staying power is legendary and guarantees success.

Gemini May 22 - June 21
You have been too cautious of late but as from today you will go to the other extreme and take risks left, right and centre. Whether or not you are right to do so remains to be seen.

Cancer June 22 - July 23
You have been generous lately, both with your time and money, but now you have to put your own needs first. The planets warn that you must not give to others what you need for yourself.

Leo July 24 - Aug. 23
If you have fallen behind in your workload you must make an effort to catch up or revise your schedule so that you are not under so much pressure. Are the deadlines necessary?

Virgo Aug. 24 - Sept. 23
If your efforts are yielding ever smaller results it is a sure sign you have pushed yourself too hard and need to slow down. Strike a balance between your work and your wellbeing.

Libra Sept. 24 - Oct. 23
Your self-belief may have taken a hammering but soon you will be back to your best. However, don't start believing that nothing can go wrong. Over-confidence could lead to disaster.

Scorpio Oct. 24 - Nov. 22
You are more sensitive than people imagine and what happens today will affect you deeply. Put on a brave face and make it appear as if you are in full control but open up to someone you trust as well.

Sagittarius Nov. 23 - Dec. 21
You may not have been your usual sunny self but today's link between Mercury, planet of the mind, and Jupiter, your ruler, will inspire you.

Capricorn Dec. 22 - Jan. 20
Spend less time thinking about what might go wrong and more time enjoying what's going right. Something will happen to make sure you realize just how lucky you are.

Aquarius Jan. 21 - Feb. 19
You have put up with a lot recently and although there were times you almost gave up you kept on battling. Soon you will get your reward.

Pisces Feb. 20 - March 20
You will come to the aid of someone in need today and it will do you both a lot of good. Selfless actions always come back to the person who makes them and some day someone will help you when you most need assistance.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6			3		2			4
	9	8		6		5	1	
8								9
		5				7		
9								5
	3	1		9		4	5	
2			6		7			3

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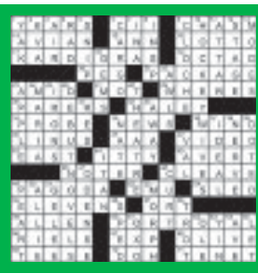

8	3	5	6	4	9	2	1	7
6	7	1	3	2	5	8	4	9
2	4	9	7	1	8	3	6	5
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3	6	8	5	9	2	1	7	4
9	2	4	8	7	1	6	5	3
1	5	2	9	8	4	7	3	6
7	9	6	1	5	3	4	2	8
4	8	3	2	6	7	5	9	1

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